

The Ultimate Grilling Guide



This is the one-stop place to get recipes, hints, and tips for grilling everything from chicken to appetizers to desserts.

Grill season is in full swing, and our guide will help you make the most of it! We'll provide you with the tips, information, and recipes to perfectly grill almost any type of food, from burgers to vegetables.

Our latest installment features several ways to barbecue shrimp, secrets to keeping fish from sticking to the grill, plus marinades, flavored butters, and dry rubs for fish and vegetables. And before you cook, check out our [Safer Grilling Guidelines](#) for ways to make outdoor cooking less risky and more healthy.

Amazing Grilled Appetizers

Recipes for amazing appetizers everyone will love!

Grilled Pizza Bread

Grill or bake these fabulous French bread pizzas.

"These fun French bread pizzas are great picnic fare for both kids and adults. They can just as easily be baked in the oven."

-- Edna Hoffman, Hebron, Indiana



You Will Need

1 pound ground beef

1/2 cup chopped onion
1 can (8 ounces) tomato sauce
1/2 teaspoon salt
1/2 teaspoon dried oregano
1 loaf (1 pound) French bread
1 cup (4 ounces) shredded mozzarella cheese
1 can (2 1/4 ounces) sliced ripe olives, drained
Sliced pepperoni (optional)

What to Do:

1. In a skillet over medium heat, cook the beef and onion until meat is no longer pink and onion is tender; drain.
2. Stir in the tomato sauce, salt, and oregano; simmer for 5 to 10 minutes.
3. Cut bread in half lengthwise and then widthwise. Spread meat mixture on cut side of bread; sprinkle with cheese, olives, and pepperoni if desired.
4. Loosely wrap bread individually in pieces of heavy-duty foil (about 24 x 18 inches); seal. Grill covered, over medium heat for 15 to 20 minutes or until heated through.

Serves: 4-6

Grilled Three-Cheese Potatoes

Smothered in Parmesan, cheddar, and mozzarella cheese, this grilled potato side dish is sure to be a hit at your next barbecue.

This is a delicious grilled potato side dish. Add cubed ham to it and you can serve it as a full meal main dish.

-- Margaret Hanson-Maddox, Montpelier, Indiana



You Will Need

6 large potatoes, sliced 1/4 inch thick
2 medium onions, chopped
1/3 cup grated Parmesan cheese
1 cup (4 ounces) shredded sharp cheddar cheese, divided
1 cup (4 ounces) shredded mozzarella cheese, divided
1 pound sliced bacon, cooked and crumbled
1/4 cup butter, cubed
1 tablespoon minced fresh or dried chives
1 to 2 teaspoons seasoned salt

1/2 teaspoon pepper
Nonstick cooking spray

What to Do

1. Divide the potatoes and onions equally between two pieces of heavy duty foil (about 18 inches) that have been coated with nonstick cooking spray.
2. Combine Parmesan cheese and 3/4 cup each cheddar and mozzarella; sprinkle over potatoes and onions.
3. Top with bacon, butter, chives, seasoned salt and pepper.
4. Bring opposite ends of foil together over filling and fold down several times. Fold unsealed ends toward filling and crimp tightly.
5. Grill, covered, over medium heat for 35 to 40 minutes or until potatoes are tender.
6. Remove from the grill. Open foil carefully and sprinkle with remaining cheeses.

Serves: 6-8

Jalapeno Chicken Wraps

These easy appetizers are always a hit at parties!

"Zesty strips of chicken and bits of onion sit in jalapeño halves that are wrapped in bacon and grilled. Serve them with blue cheese or ranch salad dressing for dipping."

-- Leslie Buenz, Tinley Park, Illinois



You Will Need

1 pound boneless skinless chicken breasts
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon pepper
2 teaspoons seasoned salt
1 teaspoon paprika
1 small onion, cut into strips
15 jalapeño peppers, halved and seeded (When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face).
1 pound sliced bacon, halved widthwise
Blue cheese or ranch salad dressing

What to Do

1. Cut chicken into 2 x 1 1/2-inch strips.

2. In a large resealable plastic bag, combine the garlic powder, onion powder, pepper, seasoned salt and paprika; add chicken and shake to coat.
3. Place a chicken and onion strip in each jalapeño half. Wrap each with a piece of bacon and secure with toothpicks.
4. Grill, uncovered, over indirect medium heat for 18 to 20 minutes or until chicken juices run clear and bacon is crisp, turning once. Serve with blue cheese or ranch dressing.

Makes: 2 1/2 dozen

Succulent Steaks

Planning to grill steak? This is the go-to guide for grilling the tastiest steaks.



For great-flavored steak, choose the cut carefully and give it a dry rub of seasoning before putting it on the grill. In this article you'll learn which cuts are the best for grilling, how to prep the steak, ingredients for a basic steak rub, and how to get smoked flavor on a propane grill.

Good Grillers: The Best Cuts for Grilling

The tenderest steaks are cut from the section between the ribs and the hips along the back. Steaks from the short loin, just behind the ribs, include *porterhouse*, *T-bone* steaks, the *boneless strip loin* (or New York steak), and most of the tenderloin. Steaks from the sirloin section, just behind the loin, include *top sirloin*, *sirloin*, and the rest of the tenderloin. These steaks can be grilled, oven broiled, or pan-broiled.

Rib steaks (with a bone) and *rib-eye* or *club steaks* (without a bone) are tender enough to grill or broil. Of the less expensive cuts, *skirt steak* is cut from the diaphragm muscle. It's full flavored and tender and can be grilled or pan-broiled.

Flank steak, true London broil, is a flavorful favorite for the grill, but it tends to be tough. The best way to get around the problem is to buy USDA Choice grade for grilling -- the grade of meat makes a big difference in tenderness. Keep flank steak fairly rare, since it will toughen if it's overcooked. When you slice it, be sure to cut across its fibrous grain. Flank steak is not recommended for pan-broiling.

How to Prep the Steak and the Grill

The outer layer of fat on most steaks should be trimmed to about 1/8 inch before grilling. Slash the fat at 1- to 1 1/2-inch intervals to prevent the steak from curling as it cooks, and season the meat with a dry rub or herbs, if desired. Refrigerate until 1/2 hour before cooking.

Remove the grill rack and oil or spritz it with nonstick vegetable spray. Set it 4 to 5 inches above the fire for thin cuts such as flank steak; 6 to 7 inches for a thick sirloin.

Light the fire about 45 minutes before cooking so it will have a chance to burn down to glowing coals covered with ash.

Place the steak on the grill. Baste with marinade or barbecue sauce if you like. But first-quality steaks should

not be marinated with barbecue sauce; it will mask their flavor.

Ingredients for a Basic Steak Rub

One way to flavor a steak is with dry seasoning rubbed on before grilling. For a basic mix, blend:

- 1 tablespoon ground black pepper
- 1 tablespoon kosher salt
- 1 tablespoon parsley flakes
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon cayenne

You might add Southwestern, Middle Eastern, or other flavorings to the mix.

Dry rubs can be kept on hand in tightly covered jars. To use fresh herbs, garlic, and other ingredients in a rub, prepare a small amount just before use.

Grilling Indoors: Pan-Broiling Steaks If you're cooking indoors, pan-broil steak in a heavy skillet or grill pan (a skillet with grids on the bottom). If juices accumulate, remove them periodically with a bulb baster or spoon.

Heat the pan until a drop of water sizzles on it and spritz the bottom with nonstick vegetable spray. Add the meat and cook over moderately high heat until the grill marks show, turn, and grill the other side until so marked. Lower the heat slightly and cook until done as desired, 2 or 3 minutes for rare; 5 to 6 minutes for medium; and up to 15 minutes for well done. Increase the time 4 to 5 minutes for 1/2-inch thickness.

Grilling With Gas: How to Get Smoked Flavor on a Propane Grill

To give barbecue flavor to food on a propane grill, soak a handful of your favorite hardwood chips in water for 15 minutes. Pour off the water and wrap the damp chips in aluminum foil, leaving one end open.

Wearing fireproof mitts, lay the smoker packet on the grill's heated grids or rocks. Smoky flavor will waft over the food.

Allow 15 to 20 minutes on the fire for the smoke flavor to permeate the meat. After the grill has cooled down, discard the foil smoker packet.

Best Burgers



Your guide to grilling the best-tasting burgers.

Burgers are America's favorite grill food, and now turkey burgers share the spotlight with beef. Here we offer old and new classics for both kinds of burger. In this article you'll learn the differences between grinds, cooking for the grill or stovetop, how to test for doneness, and how to use ground turkey for delicious burgers.

Which Ground Beef?

Ground round: Top round is the leanest cut of beef, with bottom round not far behind. Both make dry burgers.

Ground sirloin: Made up of 85 to 90 percent lean meat, ground sirloin makes dry, compact burgers.

Ground chuck: This sinewy shoulder cut is the number-one choice for burgers because it's so succulent and flavorful. Instead of settling for packaged, preground chuck, have it ground to order. Ask the butcher to trim off as much excess fat as possible before it goes into the grinder. Three ounces of well-trimmed chuck contains 7 grams of fat (3 saturated) and untrimmed chuck nearly twice that.

Regular hamburger: This mix of trimmings has the most fat of all the grinds, which means that the burgers shrink as they cook. Don't be misled by a package that says "75 percent lean." That means it's 25 percent fat; too much for anyone.

Cooking Burgers

Shape the meat into neat patties 1-inch thick at the center. Handle them gently or the burgers will be compact and crumbly. Place the meat on a grill rack coated with oil or nonstick vegetable spray and set 6 inches above a hot fire.

For well-done burgers, grill 4 minutes, until browned. Carefully turn and brown the other side, about 3 minutes. Do not press the burgers with a spatula while they cook or they will lose juices and flavor.

When cooking, use a stovetop grilling pan with grids molded into the bottom, if possible. It will prevent burgers from steaming in their own juices.

Safety First

The US Department of Agriculture recommends that all ground beef be cooked well done. Disease-causing organisms (live *E. coli* bacteria) found in undercooked ground beef can cause food poisoning. To make sure burgers are well done, cook until an instant-read thermometer inserted in the center registers 160 to 165°F. Or make a thin cut in the center of the burger. If the hamburger is well done, the juices will be golden or clear.

Turkey, Too

To cut way down on fat, use ground turkey instead of beef. Ground white meat makes the lowest-fat burger of all, but a combination of ground white and dark meat turkey makes the best burgers.

To boost the juiciness of turkey burgers, work 1 tablespoonful olive oil or a chopped onion sautéed in a tablespoonful of oil into a pound of meat.

Bump up the flavor of ground turkey with 1 tablespoon Worcestershire or bottled steak sauce. Or boost flavor by adding 2 tablespoons bottled chili or barbecue sauce to a pound of turkey meat. For a different accent, work 2 tablespoons Chinese plum sauce and 1 teaspoon minced fresh gingerroot into the burger and substitute scallions for onion.

Classic Barbecued Chicken



Learn all the tips and tricks for delicious barbecued chicken.

The aroma of barbecuing chicken is the perfume of summer. There are dozens of ways to enjoy it, including our Texas, Tar-Heel, and Jamaican styles. But first, learn how to

prepare chicken for grilling, test chicken for doneness, spit roast a whole chicken, make your own barbecue sauce, and brush on a finishing touch before serving.

Chicken Prep

Remove the chicken from the refrigerator just before cooking. Pull off any fat and clean the cavity. Don't remove the skin; it keeps the meat moist as it cooks. If you wish, remove the skin after cooking to lower the fat content.

Rub the chicken with a lemon and brush it with a thin film of olive oil. Or try some sesame or walnut oil, both of which impart special flavor. Season with salt and pepper and with parsley, rosemary, sage, or tarragon.

Is It Done Yet?

Outside temperature affects the interior heat of a grill. Chicken parts, quarters, and halves require 45 to 60 minutes on the grill on a balmy day and as much as 1 hour 15 minutes on a cold or windy day.

Cook's Secrets

"Too much charcoal ruins a barbecue, causing flames and burned food. Small chicken legs need a minimum of 30 minutes to cook, large legs 45. So, for a relatively slow fire, put two loose layers of charcoal pieces or briquettes on a tiny fire. If more charcoal is needed later, push it in at the edges, otherwise it will shoot soot onto the food." -- Jeanne Voltz, Cookbook Author and Grill Expert

Test halves and quarters with an instant-read thermometer for doneness -- 180°F for breast meat; 185°F for dark meat. Or slit a joint or meaty spot with a thin knife. If the juices run clear and the flesh shows no signs of pink, the bird is done. If still pinkish, cook a few minutes longer.

Whole Chickens

Spit roasting over a fire gives chicken crisp skin and great flavor. To prep the chicken, season it inside and out with salt, pepper, and sauce, if desired. Tie the legs to the tail and wrap cooking twine around the breast to hold the wings in place. Push the spit from the neck through the body and out the tail. Fasten spit forks at the front and back. Engage the spit and turn once to balance.

Push the coals to the back of the grill and set a drip pan below the cooking spot. Lock the spit in place, start the motor, and cook the chicken until the skin blisters and browns lightly. (Raise the spit for a roaster weighing more than six pounds so the drip pan is seven inches from the bird.)

Cook, basting with sauce or equal parts of olive oil and lemon juice every 15 minutes, until a meat thermometer reaches 185°F.

Saucy Strategy

If you like to slather sauce onto chicken while it cooks, the following is a good sauce to choose. It adds punchy flavor but will not cause flare-ups.

In a small saucepan, stir together 1/2 cup chicken stock, 1/4 cup lemon juice, 1 tablespoon each olive oil, minced parsley, tarragon, or rosemary, and 1 minced garlic clove. Add 1/2 teaspoon salt, 1/4 teaspoon freshly ground black pepper, and, if desired, 1/2 teaspoon hot red pepper sauce. Place the pan of sauce at the edge of the grill so it stays warm and is handy for basting the chicken.

A Finishing Touch

For traditional barbecue flavor, brush this sauce on chicken when it is done. In a small saucepan over moderate heat, sauté 1/4 cup finely chopped yellow onion in 1 tablespoon oil 2 to 3 minutes, add 1/2 cup bottled barbecue sauce, and 1/4 cup each of lemon juice and chicken stock. Keep hot at the edge of the grill. This is enough for 4 chicken quarters.

Tender Ribs and Pork Chops



Learn how to grill tender ribs and pork chops with these helpful tips and recipes.

Ever since the home barbecue revolution of the 1950s, spareribs have had special status. The crispy finish and wake-up flavor they get are hard to beat. In this article, you'll find how to choose a rib cut, rib grilling tips, and a recipe for a spicy pork rub.

Pick a Rib

Spareribs are the outer ends of pork ribs, which are sparsely covered with meat. A rack of ribs weighs about 3 pounds. If spareribs are to be the main part of a meal, figure on about 3/4 to 1 pound per person.

Back ribs are short sections of ribs, cut somewhat closer to the backbone than spareribs. They're sometimes sold as "baby back ribs."

Country-style ribs are thick and meaty and are cut from the shoulder end of the rib. They are more like pork chops than spareribs. Expect about 3 country-style ribs per pound.

Prep for Grilling

Ribs can be separated and grilled individually, but basting and turning a rack of ribs is easier than working with portion cuts.

Wipe the ribs with paper toweling and trim off any surface fat. For extra tenderness, pull off the parchmentlike filament on the inside of the rack. The ribs can then be rubbed with dry spices or marinated.

Rib Ticklers

To add extra flavor when basting pork or any other grilled meat or poultry, tie a few sprigs of herbs together and use them as the basting brush.

Spicy Pork Rub

Mix up a big batch of a dry spice rub, then spoon out just the amount you need when you need it. Blend together 1/4 cup each of Kosher salt, freshly ground black pepper, sweet paprika, and sugar. Store the mixture in a covered jar. Just before using, mix in 1 tablespoon of grated lemon zest for every 2 tablespoons of the spice mixture.

Or adapt the Basic Steak Rub in the [Ultimate Grilling Guide: Steak](#) for pork by adding 1 1/2 teaspoons of dried grated orange peel and 1/2 teaspoon of ground ginger.

Brush and Cut

Wait until the ribs are cooked about halfway through before brushing on the sauce. It should be thick enough so it doesn't drip. Use it generously. When the ribs are done, use a sharp heavy knife to cut the

rack into 3-rib serving portions.

Rib Basics

To cut down on grilling time, we poached (parboiled) our ribs ahead of time. Parboiling is frequently called for in recipes for ribs, but if you don't wish to include this step, leave plenty of time for slow cooking over a medium to low fire.

Slow cooking is the secret to tender ribs. Without parboiling, figure on about 1 hour 10 minutes total grilling time for spareribs, ad up to 1 1/2 hours for country ribs.

You don't have to baste but if you want to, brush the ribs with a mixture of 1/2 cup of chicken stock, the juice of 1 lemon lime, and 1 teaspoon of hot red pepper sauce.

If you want to coat the ribs with a tomato-based barbecue sauce while they cook, wait until at least halfway through the cooking; otherwise, the sauce will blacken and burn.

Zesty Grilled Vegetables

Helpful tips on how to grill your favorite vegetables.

Vegetables benefit almost more than meats from cooking over charcoal. The caramelizing of natural sugars gives old reliables new flavor and style. In this article, you'll find the best vegetables for grilling, how to prep and cut, grilling times for various vegetables, and flavor tricks with fresh herbs.

Garden Picks

Fleshy vegetables work best on the grill. Try corn on the cob, eggplant, potatoes, summer squashes, and portobello or other large mushroom caps.

Prepping for the Grill

Wash vegetables and trim off any blemishes. Don't peel the vegetables unless specified in a recipe. Skin helps them hold their shape and stay moist. Wipe dirt off mushrooms with damp paper toweling.

Prime Cuts

Cut vegetables in thick slices. Slabs of eggplant, large summer and zucchini squash, and giant sweet Bermuda, Spanish, or Vidalia onions can be turned and basted individually or grouped in a grilling basket and turned all together.

Grill small squash, bell peppers, and unpeeled onions whole. Cut large tomatoes into wedges, small ones in half. Tomato wedges or cherry tomatoes can be cooked on skewers to prevent them from falling through the grill.

When grilling vegetables on skewers, be sure to pair up soft vegetables, such as tomatoes and mushrooms, with other soft vegetables. Cook hard vegetables, such as peppers and onions, together. Alternatively, parboil firm vegetables and then cook them along with softer ones.

To the Grill

Arrange the vegetables on a rack set crosswise on the grill to prevent the vegetables from falling onto the coals.

Brush the vegetables with sauce -- if you are grilling meat, you can use the same sauce here, if you wish -- or with a simple mixture of 2/3 oil to 1/3 vinegar or lemon juice.

Cook vegetables over moderate heat at the edge of the grill. Turn them with a wide spatula or tongs. Approximate times are:

15 to 20 minutes: Thick slices of zucchini or yellow squash, eggplant, whole tomatoes, mixed vegetables on skewers

20 to 25 minutes: Whole zucchini, summer squash, large mushroom caps
35 to 45 minutes: Corn in the husk or husked and wrapped in foil (turn often)
45 to 50 minutes: Corn without husk brushed with sauce; whole eggplant for purée; thick onion or potato slices
1 1/4 to 1 3/4 hours: Whole large unpeeled onions, whole baking potatoes or sweet potatoes (turn every 10 minutes to cook evenly)

Not so Hot

When grilling vegetables alone, make the fire small.
When grilling them along with meat, make a large fire and place meat in the center and the vegetables at the edge.

Flavor Trick

Dip a sprig of fresh herb in the sauce or oil and vinegar or lemon juice mixture and brush it over the vegetables when you turn them. Just before the vegetables are done, drop the herb onto the coals to flavor the vegetables even more. Use basil for the tomatoes or bell peppers, sage for the onions, thyme or dill for squashes, and rosemary for almost any vegetable.

Tempting Desserts

Grilled desserts? It is possible! Try out these recipes for desserts created straight from the grill.

Surprise everyone at your next barbecue with these impressive dessert recipes all created on the grill.



Dessert From the Grill

A mouthwatering dessert straight from the grill! Pineapple, caramel, and ice cream tops a slice of grilled pound cake.

"I complete a grilled meal with this light, refreshing dessert. By the time we're done eating, the coals have cooled to the right temperature. I brush slices of pineapple and pound cake with a sweet sauce, toast them on the grill, and top 'em with ice cream and convenient caramel sauce."

-- Becky Gillespie, Boulder, Colorado

You Will Need

1 can (20 ounces) sliced pineapple
1 teaspoon butter
1/2 teaspoon brown sugar
1/4 teaspoon vanilla extract
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
6 sliced pound cake
Vanilla ice cream
Caramel ice cream topping

What to Do

1. Drain pineapple, reserving 1/3 cup juice and six pineapple rings (save remaining juice and pineapple for another use).
2. In a microwave-safe dish, combine, butter, brown sugar, vanilla, cinnamon, nutmeg, and reserved pineapple juice.
3. Microwave, uncovered, on high for 1 to 2 minutes or until bubbly. Brush half of the mixture on both sides of pineapple rings and cake slices.
4. On an uncovered grill over medium heat, cook pineapple and cake for 1 to 2 minutes on each side or until golden brown, brushing occasionally with remaining pineapple juice mixture.
5. Top each slice of cake with a pineapple ring and a scoop of ice cream; drizzle with caramel topping. Serve immediately.

Serves: 6

Chocolate Dessert Wraps

Fast, easy, and delicious dessert on the grill!

I came up with this chocolate and peanut butter treat when I needed a unique, fast dessert for a special dinner. The filled tortillas take just minutes on the grill and get a chewy consistency from marshmallows.

-- Laurie Gwaltney, Indianapolis, Indiana

**You Will Need**

1/2 cup creamy peanut butter
4 flour tortillas (8 inches)
1 cup miniature marshmallows
1/2 cup miniature semisweet chocolate chips

Vanilla ice cream
Chocolate shavings (optional)

What to Do

1. Spread 2 tablespoons of peanut butter on each tortilla.
2. Sprinkle 1/4 cup marshmallows and 2 tablespoons chocolate chips on half of each tortilla. Roll up, beginning with the topping side.
3. Wrap each tortilla in heavy-duty foil; seal tightly.
4. Grill, covered, over low heat for 5 to 10 minutes or until heated through.
5. Unwrap tortillas and place on dessert plates. Serve with ice cream. Garnish with chocolate shavings if desired.

Serves: 4

Warm Apple Topping



Warm apples and walnuts are served over ice cream, for this unique and tasty dessert made on the grill.

"My husband and I love grilling. We created this unique dessert for my mother, who can't eat most grain products. She was thrilled with the sweet fruit topping spooned over vanilla ice cream."

-- Sharon Manton, Harrisburg, Pennsylvania

You Will Need

3 medium tart apples, peeled
1/3 cup raisins
1 tablespoon lemon juice
1/3 cup packed brown sugar
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/8 teaspoon salt
1/8 teaspoon ground nutmeg
2 tablespoons cold butter
1/3 cup finely chopped walnuts
Vanilla ice cream

What to Do

1. Cut each apple into 16 wedges; place all on an 18-inch-square piece of heavy-duty foil.
2. Sprinkle with raisins; drizzle with lemon juice.
3. In a bowl, combine the brown sugar, cinnamon, cloves, salt, and nutmeg; cut in the butter. Stir in the walnuts.
4. Sprinkle over apples and raisins.

5. Fold foil around apple mixture and seal tightly. Grill over indirect medium heat for 18 to 22 minutes or until apples are tender. Serve over ice cream.

Makes: 3 cups

DropBooks